

Apple Picking: How to Choose the BEST

Munch. Crunch.

Love apples? Here's what makes apples awesome:

17% daily dietary fiber | 95 calories | 19 grams of natural sugar

An apple a day keeps the doctor away.

Apples are packed with immunity-boosting plant nutrients (phytonutrients) that act as antioxidants.

Compared to other fruits and vegetables, apples shine. They may help lower risks for:

- Heart disease
- Asthma
- Type 2 diabetes
- Possibly cancer

But they are not all created equal.

6 Best Picks These beauties are good to the core. They are among the highest in overall nutrients.



3 Worst Picks No apple is a bad apple. But these are at the bottom of the barrel for overall nutrients.

Empire
(crunchy and sweet)

Cortland
(tart and crisp)

Golden Delicious
(sweet and delicate)

The fresher, the better. From the moment apples are picked, they start to lose nutrients.

Fridge or bowl? Refrigeration doesn't significantly impact phytonutrients.

Size matters. Very large apples can contain a whopping 200 calories — so watch your waistline.



SOURCES:

<http://onlinelibrary.wiley.com/doi/10.1002/14651675.cd004671>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC442131/>

<http://www.organic.org/articles/showarticle/article-214>